LifeTrak™

Bluetooth® SMART

Watch/screen images may vary from actual model

Quick Start Guide

Models: Move C300, Fit C400, Zone C410

Welcome to LifeTrak. Let's take a quick tour of the basic features.

To turn on your activity tracker, press and hold any button.

Learn more

For full instructions, helpful tips and product information, see the LifeTrak *User Guide* at **www.lifetrakusa.com/user-guides**.

BUTTON LAYOUT

MODE

Press to change modes:

Time ▶ *Hourly* ▶ *Weekly* ▶ *Workout*

LIGHT

Press together for light

Can use **MODE + VIEW** or double-click **VIEW**

If dark, pressing **VIEW** will also activate light*

START/STOP

Press to start and stop in *Workout*

VIEW

Press to view: distance ▶ calories ▶ steps ▶ sleep*

Press & hold to read your heart rate ♥

NOTE:
The buttons are not intended for use under water

**Available only on C410*

GOAL SETUP

① In *Time*, hold **MODE** for 3 sec

② Select **GOAL**

steps
▼
distance
▼
calories
▼
sleep*

**Available only on C410*

INSIDE SETTING MODE

Increase value

Decrease value

Press: go to next setting
Press & hold: exit setting mode

TIME SETUP

① In *Time*, hold **MODE** for 3 sec

② Select **TIME**

- seconds
- minute
- hour
- year
- month
- day
- month-day format
- 12/24 hr format

INSIDE SETTING MODE

- Edit/increase value
- Edit/decrease value
- Press: go to next setting
  Press & hold: exit setting mode

ADVANCED SETUP

① In *Time*, hold **MODE** for 3 sec

② Select **ADV**

- gender
- birthday (year)
- birthday (month)
- birthday (day)
- unit format
- weight
- height

INSIDE SETTING MODE

- Edit/increase value
- Edit/decrease value
- Press: go to next setting
  Press & hold: exit setting mode

BLUETOOTH® CONNECTION

Transfer data between your activity tracker and Bluetooth Smart Ready devices.

Before you can transfer data, you must install a fitness app on your Bluetooth Smart Ready device.

Visit **www.lifetrakusa.com/app** to see the list of apps.

Menu button

Bluetooth Smart Ready Device Setup

Once installed, open the app and tap on the menu button.
Select **DEVICES & APPS**.

Locate your LifeTrak activity tracker and tap connect. It will now attempt to sync.

Next step: set up your activity tracker.

BLUETOOTH CONNECTION

LifeTrak Activity Tracker Setup

Now that your device is attempting to sync, we need your activity tracker to do the same.

While in *Time*, press and hold **START/STOP** until it activates a signal animation on the screen. Both devices will now attempt to sync data.

Bluetooth Indicator

START/STOP
Hold to begin syncing (must be in *Time*)

NOTE: For best results, keep your devices within 2 meters of each other when syncing.

SLEEP TRACKER*

Monitors the duration and quality of sleep based on motion and arm posture.

The sleep tracker has two operating settings: Auto and Manual.

Auto (default): Sleep tracking is always enabled.

Manual: Sleep tracking is enabled by double-clicking **START/STOP** while in *Time*.

*NOTE: If you intend to remove your activity tracker when you wake up, we recommend you manually stop the sleep tracker by double-clicking **START/STOP** while in* Time.

**Available only on C410*

SLEEP TRACKER*

When sleep tracking is enabled, the device will automatically detect the beginning and end of your sleep session.

Double-clicking **START/STOP** while in *Time* marks the time you go to bed. It also activates the sleep tracker if in Manual sleep tracking mode.

Sleep tracker indicator

START/STOP

Double-click to mark the start of intent to go to sleep OR to start the sleep tracker when in Manual mode (must be in *Time*)

**Available only on C410*

SLEEP TRACKER*

Setting the sleep tracker operation to Auto or Manual.

① In *Time*, hold **MODE** for 3 sec

② Select **SLEEP**

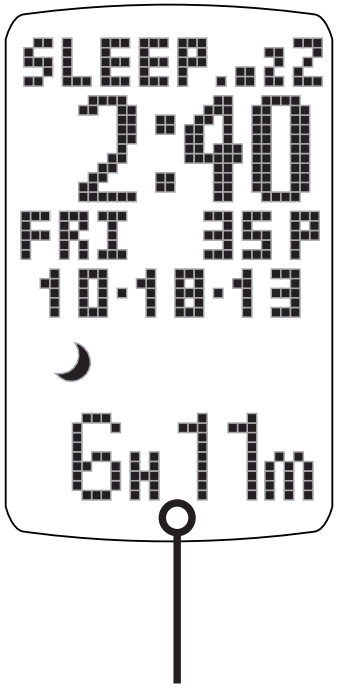
INSIDE SETTING MODE

Edit setting

Press: select setting

**Available only on C410*

SLEEP TRACKER*



Total sleep time

Sleep data collection

Our advanced sleep tracker is smart enough to distinguish if the device is on or off your wrist. Sleep tracking is disabled when the device is not on your wrist.

Total sleep time is accumulated during all sleep sessions that *end* on a particular day. For example, if you fell asleep last night and woke up this morning, your sleep duration will be added to today's total sleep time.

However, if you fell asleep last night at 10:00 p.m. and woke up at 11:00 p.m., that hour of sleep would be added to *yesterday's* total sleep time.

NOTE: The total sleep time will update after a brief period once you wake up.

NOTE: Minimum sleep time for recorded data is 45 minutes.

**Available only on C410*

SLEEP TRACKER*

Sleep tracking sequence

Sleep tracker is on.

Waking screen appears when movement is sensed and the tracker is determining if you are awake.

Sleep tracker is off. You are now awake and total sleep time is updated.

<u>NOTE</u>: While in the Waking *screen, if you fall back asleep the sleep tracker will continue and the "Sleep ..zZ" message will reappear at the top. Total sleep time will not update.*

**Available only on C410*

HEART RATE

Taking your heart rate will help you stay in your workout zones and help calculate your **calories more accurately**.

1. Wear snugly around your wrist.
2. Gently press and hold **VIEW** for 3 to 8 seconds until your heart rate appears.

Heart Rate (beats per minute)

% of Maximum Heart Rate

Pulse Indicator

VIEW
Press & hold to read your heart rate

HOURLY DISPLAY

Shows your progress throughout the day with a 24-hour graph. The bars are scaled to fit the data from the 24-hour period.

From *Time*,
press **MODE** until you reach
Hourly Display

VIEW
Press to view:

distance, calories, steps, sleep*

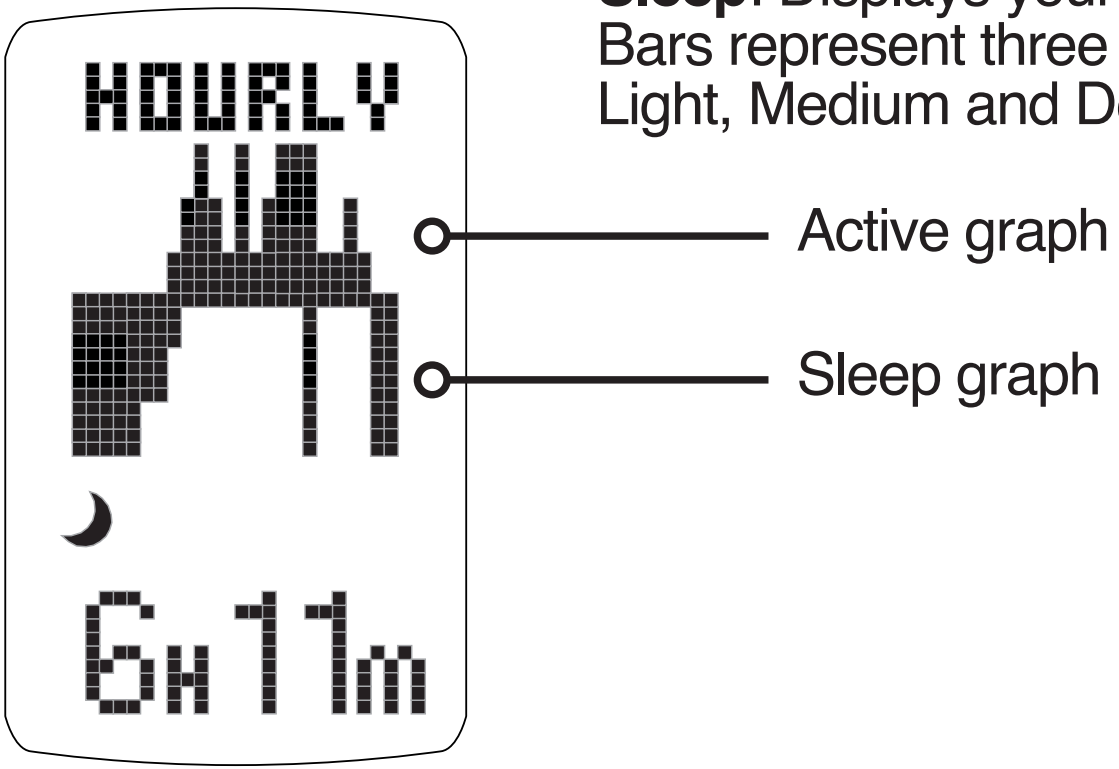
**Available only on C410*

HOURLY DISPLAY

The hourly actigraphy* view provides a summary of your sleep and activity levels.

Active: Displays your activity levels while awake. Bars represent three categories: Normal, Active and Very Active

Sleep: Displays your sleep levels. Bars represent three categories: Light, Medium and Deep Sleep.



*Available only on C410

WEEKLY DISPLAY

Shows your results for the past 7 days. The bars are scaled to fit the data from the past week.

From *Time*, press **MODE** until you reach *Weekly Display* ("Today" will be shown)

START/STOP

Press to browse through the past 7 days

VIEW

Press to view:

distance, calories, steps, sleep*

**Available only on C410*

WORKOUT MODE

Records data from an individual workout.

From *Time*,
press **MODE** until you reach *Workout*

START/STOP
Press to start/stop recording your workout

Hold to reset data (*Workout* mode must be stopped)

VIEW
Press to view:

distance, calories, steps

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